

INPSYCHFUL



Monthly Newsletter by Department of Psychology

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Editors Note

The loop of resolutions

Resolution literally means finding a solution to an existing problem and every new year brings in new beginnings and a fresh start and humans usually take this as an opportunity to reset the laid back attitude towards life and re-evaluate our existence. Change is inevitable in human nature but so is the desire towards the comfort of living a life with booze and junk food. This is where the behavior starts contradicting itself and the inner rebel starts questioning and develops a desire to do the exact opposite making the situations worse and trapping us in the loop of resolutions that we make every year! It is a natural reaction of the brain towards the feeling of threat to your freedom compelling us to do the opposite of what we are told. These resolution abide us and counter the wings of the human kind. Since the beginning of time, we look forward to growing up and living a life at our own terms and lead a joyful and happy life.

Lets walk down the roads of memories and look back at the albums of nostalgia and build new learnings about boundaries and boundations.

-Aarushi Chauhan

RESOLUTIONS



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Resolutions for onself

As the New Year rolls around, many of us make resolutions to improve our lives and start fresh. Making resolutions is a great way to set goals for yourself and strive for a better life. Whether you want to lead a healthier lifestyle, get organized, or learn something new.

Mental health is a complex and often difficult issue that can be difficult to tackle. However, many ways to approach the issue can be successful. One such approach is to create a resolution idea for mental health. This idea is to develop an action plan for addressing mental health issues.

1. The first step in developing a resolution for mental health is identifying the problem. This can include identifying the signs of mental health issues, such as depression, anxiety, and stress.
2. Once the problem is identified, it is important to develop a plan for addressing the issue. This plan should include steps for identifying resources, such as mental health professionals, support groups, and other resources. It should also include steps for developing strategies to cope with the issue, such as implementing lifestyle changes and seeking counseling.
3. Once the plan is in place, it is important to implement the plan. This can include seeking out resources, using coping strategies, and engaging in self-care. It can also include making changes to one's lifestyle, such as limiting stress, getting enough sleep, and engaging in physical activity.
4. Finally, it is important to monitor progress and adjust the plan as needed.

Developing a resolution idea for mental health is a great way as mental health should always be treated with the same importance as physical health. There are numerous ways to help improve mental health, from lifestyle changes to professional help. The most important thing is that we continue to talk about mental health in order to remove the stigma associated with it. We need to make sure that those who are struggling with mental health issues know they are not alone, and that they have support available to them. We must continue spreading awareness and creating a safe, supportive environment for those affected.

-Disha Badhwar

RESOLUTIONS



Make new year resolutions long term

2023

Although made with good intentions, most people fail to follow their resolutions, but that doesn't mean you can't be among those who achieve success.

Here's how to do it:

1. Be realistic: Making too many resolutions only sets you up for failure and discouragement. Limit your resolution to one or two most important goals you would like to achieve in the New Year and set obtainable goals. Fifty pounds will not come off overnight, but losing a pound per week is doable.

2. Write it down: It's a proven fact that you are much more likely to stick with goals you have put into writing. List your objectives and then make a detailed plan outlining the steps needed to achieve them. Breaking down lofty goals into manageable steps will help you stay focused and give you the satisfaction of achieving "mini-goals" along your way to ultimate success.

3. Be flexible: Life is full of changes. Expect setbacks and be assured this is normal. Give yourself the permission to make adjustments to your original goals if needed.

4. Reward your accomplishments: Establish benchmarks with specific rewards as you work towards your ultimate goal. For instance, motivate yourself to lose those first ten pounds with the anticipated reward of a new winter coat or something you have really been wanting.

5. Plan for obstacles: There will always be temptations and obstacles that could easily derail you from your resolution. It may be an invitation to dinner that could blow your budget or your diet. Or it may come in the form of a special project at work that leaves you with fewer hours to devote to your goals.

Think about the obstacles you're likely to encounter in the first week after establishing your resolution. Consider how you'll navigate these challenges and develop a plan. Planning ahead for the probable challenges can help you feel equipped to handle the unexpected obstacles that crop up along the way as well.

6. . Start when you're ready: There's no need to launch your resolution on January 1st. In fact, starting on January 1st might put you at a disadvantage.

Start working on your goal when you're ready. That's not to say you need to wait until you feel fully confident before starting (that may never happen). But make sure you're committed to the goal, and think through what you'll need to do and how you're going to do it. Whether that means you start on January 3rd or you wait until mid-Spring, don't create a resolution just because you feel pressured to do so in January.

7. Never give up! Hang in there and be persistent. You've made a promise to yourself—honor the importance of this!

Cheers to a new year and another chance for us to get it right. Hello to all who are reading this I hope that your 2022 was a great year.

A year filled with love happiness, care, courage and bright with ups and down. Wishing you a happy new year with all my heart hope that you are going to start this year with some resolutions.

Resolution now what's that?

Resolution means when you decide to do something good or when you decide to bring changes in yourself it's a determination towards your goals your life or act of making up your mind about something.

Why do we write resolutions mainly at the time of New Year because it's the most popular time of the year to hit the reset button. It's a chance to level up the quality of our life it helps us in utilising ones self efficacy.

Now how resolution looks like ? for someone it can be giving up on chocolates , exercising more and getting organised and many more.

How can we change our current habits?

Basically this holds four laws cue, craving, response and reward .

First one is Cue . Cue is a signal or action that helps you to take an action towards your goals or making it obvious.

Second is craving that is making it attractive.

Third one is response making it easy.

4th one is reward making it satisfying.

Here we can use one space one use law.

Habits can be easier to change in a new environment. It helps to escape The subtle triggers and cues that nudges you toward your current habit.

It can be hard to study in the living room without getting distracted if you always play video games.

it's difficult to go to bed early if you watch television in your bedroom each night .

Trying to eat healthier?

It is likely to shop an autopilot at your regular supermarket try a new grocery store you may find it easier to avoid unhealthy food when your brain doesn't automatically know where it is located in the store when you can't manage to get to New environment create a separates space for work study exercise entertainment and cooking for example if you have only one room so you can use your so sofa for studying you can use the chair for reading a book and etc.

RESOLUTIONS...we all know this word comes with every new year.

New year, new promises to yourself – to be better and to be worthy in almost every possible way – that includes waking up 5 in the morning, eating healthier, to be more social with everyone!!

But deep down we all know that we don't need a new year for all of these things, we can start it on the 6th or 11th month of the year too.

I as an individual thinks ,when you fit a timing for some particular thing , you limit yourself from a lot of opportunities and experiences. I certainly never set resolutions for a new year because i believe, when a new year comes, the year holds many new things that I am not aware of. People set goals and expectations for themselves when they should be setting up habits.

You cannot change overnight as a person and say, "HEY IT'S A NEW YEAR, ITS A NEW ME", because a person becomes better throughout the journey. I can proudly say that I'm not the same person I was at the start of the previous year, it's not because I sort out particulars for myself, it's because I stepped into new things and encouraged myself daily to get a little more out of my comfort zone. I feel like new year should not be about new you ! It should be more about how grateful you are for what you have become so far as a person , and that you are ready for whatever the upcoming year holds for you.

And that's how a new year will be more easy and more accepting to you in just the way you are !

-Ishika

-Chetna Malhotra

-Megha Gupta



Towards a better mental health

Every year we make resolutions and end up forgetting them or unable to keep up with them.

And maybe few of us do keep up with them . We often make resolutions about everything but we tend to forget about our mental health, our behavioural patterns which affect us so much on a daily basis . At times we don't even realise that how harsh we are being on ourselves by not prioritising our own self and keep exhausting ourselves this way. People struggling with their intrusive thoughts and mental health issues may convince themselves that they actually don't need help and they will be fine on their own but actually there is no shame in asking for help no matter if it's a big problem or a small one . One must not shame themselves for asking for help . Since it's the first month of new year let's promise ourselves that "YOU" are equally important as all the other things in your life . Make the resolution that you will not let yourself suffer while comforting others , tell yourself that it's okay to say No and it's okay not to be okay with things at times . Promise to yourself that you will invest more in yourself than in others and do not forget to be kind and gentle while you talk to yourself. Let this year be a reminder to love yourself the way you love others.

-Divyanshi Mahajan

A new year. A new us!



Many people around the time of a New Year are intent to bring some changes in their lives, to be a better version of themselves. But few people take some time out for themselves and self-introspect, seeing for themselves that they've changed a lot in this past year and that they are evolving every day, becoming a better version of themselves. People should stop imposing deadlines on themselves. Every year we do something new, every year we overcome something, and every year we achieve something we thought we would never be able to do.

So all I'm saying is don't seek change so desperately that you lose sight of how much you've already changed, and instead begin the new year by accepting who you are and appreciating everything you've accomplished in the previous year. Along with making New Year resolutions, let us first appreciate ourselves for everything we have done, accomplished, and overcome this year and begin the year by showing some love to the most important person in our lives- us.

Here are some ways in which you can appreciate yourself:

1. Recognize the significance of self-appreciation.

We frequently praise others while failing to recognize and appreciate ourselves. Stop believing that something happened to you just by chance and that it was not your hard work. Start looking at yourself less critically.

2. Begin by appreciating your body

Stand In front of the mirror and think of all the things you are capable of and what you've already done. Appreciate your body; it helped you survive the pandemic. Stop being so critical of yourself and learn to love yourself exactly as you are, which does not imply that you are not attempting to be a healthy, fully functioning adult.

3. Acceptance

Sometimes all we lack in life is affirmation from others. But we don't realize that we are looking for acceptance in the wrong place and search for it within ourselves. Because social acceptance can keep you going for so long, YOU should be happy in the end. Whatever you are feeling is okay, everyone responds differently to the same situation. Don't just negate what you are feeling.

In the end, I just want to say that in the process of being the better you don't forget to appreciate the present you .Also, don't wait until January 1st, you can start anytime and anywhere. The goal is to just start. K

Wishing you all a very happy new year!

-Ritu Kaushik

How to keep up with your resolutions:

- Focus on one goal at a time- Achieving even one small goal can boost your belief in yourself. For larger goals, consider breaking them apart into manageable chunks to work on one at a time.
- Make a detailed plan- Creating a detailed written plan can help you to stick to your goal. For one thing, it allows you to consider what tactics you will use when you are faced with challenges.
- Start with small steps- Taking on too much too quickly is a common reason why so many resolutions fail. Instead, focus on small goals, which ultimately help you reach your larger goal.
- Avoid repeating past failures.
- Get support- Explain what your goals are to your close friends or family and ask them to help you achieve your objectives.
- Keep working on your goals.
- Keep a resolution journal.

-Anshika Katoch

IN P S Y C H F U L

Nostalgia core- The archived history

"Pal! Nostalgia hits you hard."- Read on the caption ages ago. What's the exact meaning of Nostalgia hits hard? We use this term whenever we remember anything suddenly and feel calm or satisfied after receiving that memory. I used to think and feel the same. However, I realized the convincing meaning after an incident. Life is a complicated span of an individual's life, which is very subjective to the person. Completely, this is very obvious. Yet I here want to highlight the collection of memories we build up in this complicated process, the time consumed on thinking about the future, present, and past worries that we forget to look into our own window of the unaware mind. The mind is a reservoir of beautiful memories. Indeed, the same case with Nostalgia- now your mind has just known the hidden fact- "Oh I have this memory too, wait boss let me show this to my human" and then you become happy like you got a 500 note from your jeans pocket. Isn't it the case? Our mind is busy with ignorable daily life hassles, I agree. But forgetting or suppressing beautiful memories is healthy? I want to ask here, do these memories go on a weekend trip when we are having the most difficult phase in our life? Stuck at that moment, we don't even know whether or not those memories exist, but what we should know is that the unpleasant situation, this terrible phase is temporary and will fade away with a few hidden beautiful nostalgic moments. With each year passing by hiding happy memories in our minds, we are going ahead with time. I would say each year is a more difficult level than the previous. In other words, the more we grow old the more we forget about the past as the reservoir of memories is continuously filling. Go on and think about your childhood memories. You will experience this yourself that it's difficult to recall if you drive your memory car in reverse gear. What conclusion, then, does it take to? What you have to do here is not just celebrate this new year with new things in your life, but also acknowledge and embrace these nostalgic moments whenever you feel life is stuck and you have nothing left. The pro of using this technique is you can use it in your happy moments as well as in your tough moments and Alas! there's no con to it. I would suggest adding it to your wishlist and after trying to do not forget about giving feedback.

-Mughda Vohra

Student's Corner



ANNUAL SPORTS MEET



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